

1. What types of diseases are the leading causes of death in the United States today?

Cardiovascular Diseases

(pp. 602–608)

2. Complete the table with details about cardiovascular diseases.

Disease	Description	Effect on Health
Hypertension	a. <u>blood pressure consistently measuring 140/90 or higher</u>	b. <u>strains heart and blood vessels</u>
Atherosclerosis	c. _____ _____	d. _____ _____
Heart attack	e. _____ _____	f. _____ _____
Arrhythmia	g. _____ _____	h. _____ _____
Congestive heart failure	i. _____ _____	j. _____ _____
Stroke	k. _____ _____	l. _____ _____

Treating Cardiovascular Disease

3. Complete the graphic organizer about detecting and treating cardiovascular disease.

Main Idea: There are many medical technologies and surgical methods available for detecting and treating cardiovascular disease.

Testing Tools

- a. magnetic resonance imaging
b. _____
c. _____
d. _____

Treatment Methods

- e. balloon angioplasty
f. _____
g. _____
h. _____

Preventing Cardiovascular Disease

4. List four risk factors for cardiovascular disease that you cannot control.

- a. _____
b. _____
c. _____
d. _____

5. List six healthy habits that can reduce your risk for cardiovascular disease.

- a. _____
b. _____
c. _____
d. _____
e. _____
f. _____